

Chicken Tinga Tacos

Yield: 14 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-tinga-recipe>

Ingredients:

- 1 batch chicken tinga
- 16 corn tortillas homemade or store-bought
- lime wedges fresh
- Mexican crema
- chopped fresh cilantro
- red onions
- avocados
- crumbled Cotija cheese

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 5 milligrams
4. Fat: 2.5 grams
5. Fiber: 2 grams
6. Protein: 2 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 35 milligrams
9. Sugar: 1 grams

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